OSCAR CALLING

WILL IT BE BEASTS OF THE SOUTHERN WILD OR MEGAMUSICAL LES MIS? IT'S NOT TOO EARLY TO START THE OFFICE POOL FOR WHO GETS THE NOD IN 2013 PAGE 9

REGINA metro®

Tuesday, November 6, 2012

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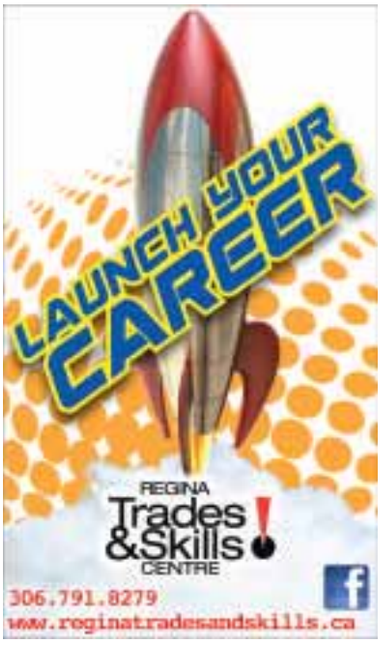

Hemp: The new crop on the block

Trade alliance holds conference. Province is the largest producer of the plant in Canada

JANE CAULFIELD
Metro in Saskatoon

Saskatchewan may have a new cash crop growing on the horizon — hemp.

According to the Canadian Hemp Trading Alliance (CHTA), who are meeting for their annual conference in Edmonton this week, Saskatchewan has approximately 19,000 acres of land growing the plant, making the province the largest hemp producer in the country.

The Saskatchewan government estimates a crop value for hemp of more than $4.3 million for 2012. And with the CHTA forecasting hemp production across Canada to double by 2015, the province could see major benefits from this specialty crop.

"We are in Alberta for our conference because we have a lot of support from the Alberta government," said Kim Shukla, executive director of CHTA. "And we are hoping to build stronger partnerships with the Saskatchewan government."

Dale Risula, the provincial specialist for special crops at the Saskatchewan Ministry of Agriculture, said the current government does a lot to work with hemp producers in the province.

"Saskatchewan provides information and contact to Saskatchewan hemp growers by way of fact sheets, provincial crop specialists, Ag Knowledge Centre, and a provincial specialist. Saskatchewan also provides resources to the Saskatchewan Herb and Spice Association, who have a stake in hemp production in Saskatchewan," said Risula.

He added that Saskatchewan Crop Insurance provides growers of specialty crops with appropriate coverage.

Follow Jane Caulfield on Twitter @janecaulfield

Blossoming industry

What's the difference between hemp and marijuana?

Hemp has a notorious reputation because of its taxonomic relation to marijuana.

Regulated by Health Canada, only licensed producers are allowed to plant certified seed, which has less than 0.03 per cent tetrahydrocannabinol (THC), the intoxicating chemical found in marijuana.

The plant is known for creating strong, durable fibres and is also used in food products — the seed is high in protein and essential fatty acids.

JANE CAULFIELD/METRO

Tonight's the big reveal: AMERICA VOTES

Dawn Duggan pushes aside a curtain after casting her ballot at an early-voting location, Monday morning, at the Warren County Courthouse in Belvidere, N.J. Today is the day America chooses between President Barack Obama and Republican candidate Mitt Romney. For more U.S. election coverage, see pages 3 and 4.

MATT SMITH/THE ASSOCIATED PRESS

At the helm

Newly sworn-in Mayor Pat Fougere says he's ready to get down to business, starting with a summit to look for solutions to the housing problem PAGE 2

Montreal mob war back on?

The murder of an alleged underworld crime figure this weekend could signal a new chapter of violence PAGE 4

Pick-me-ups

Lack of sunlight getting you down? Try one of these mood-boosters to stay in good cheer this season PAGE 11

NEWS 1

Meet Mayor Fougere

New on the job. Long-time councillor talks about taking office and his plan for the future

JEFF MACKEY
jeff.mackey@metronews.ca

Michael Fougere formally took office Monday night at a swearing-in ceremony at Regina City Hall. Fougere, who was elected on Oct. 24, says he plans to hit the ground running as he takes office.

"I intend on not missing a beat and moving quickly," he said. "The first order of business is the housing summit and I am going to be moving on that as soon as I can."

The summit will look for solutions to the housing problem. Fougere says he has already talked to the provincial government about it and will talk to the federal government once formally in office.

Looking forward

Infrastructure a priority

Former Mayor Pat Fiacco held the reins of power in the city for 12 years, but now Mayor Michael Fougere is stepping up to the plate.

"I am looking forward to moving the city forward and making it an even better city than we had before," said Fougere.

Joining Fougere at city hall will be five new councilors, making the composition of this council drastically different from previous years.

"It is going to be extraordinary, I am surrounded by a bunch of gifted people all working to make Regina a better place and that is going to be rewarding," said Fougere.

Fougere also touched on some important policy initiatives he will be tackling as mayor.

"I certainly think the infrastructure file is critical to move forward and the Regina Revitalization Initiative is also critical — the stadium will go forward," said Fougere.

But Fougere's goals extend beyond that of the stadium and the Regina Revitalization Initiative, a topic that dominated the mayoral debates.

"We will also be looking at the city streets, safe communities and the quality of life as well as other longer term objectives."

JEFF MACKEY/METRO

New Regina Mayor Michael Fougere took office Monday night through a swearing-in ceremony featuring the lieutenant-governor and chief justice of Saskatchewan. JEFF MACKEY/METRO

Saskatchewan government pulls the plug on online gaming idea after review

The Saskatchewan government is shutting down the idea of allowing online gambling sites in the province.

Donna Harpauer, minister responsible for the Saskatchewan Liquor and Gaming Authority, says the government has decided not to get involved in online gaming.

Harpauer says there wasn't a compelling business case.

The minister was asked about online gaming after media reports suggested a former First Nation chief plans to launch an online gaming site.

But Bernie Shepherd, from the White Bear First Nation, doesn't have permission from the province to do so.

Harpauer says the move would probably not be legal, but she wants to hear the announcement Tuesday before talking about the province's options. THE CANADIAN PRESS

First Nation chief at odds with province

- This is not the first time that Shepherd has been at odds with the province over gambling.
- In 1993, he set up a casino on the reserve in defiance of provincial gaming laws. RCMP shut it down, seizing slot machines and other gambling paraphernalia in a pre-dawn raid.
- The confrontation prompted negotiations between the provincial government and Saskatchewan Indian bands. Eventually, a deal was struck in which the government and the bands share in profits from casinos.
- Charges against Shepherd, who was chief at the time, were later stayed.

Emergency response

RCMP team gets new set of wheels

The Saskatchewan RCMP unveiled their new tactical armoured vehicle Monday morning.

RCMP Emergency Response Teams will use this behemoth of a cop car in situations like armed standoffs, barricaded persons, search-and-rescue operations and hostage takings.

"Mostly with our work, it tends to be more rural and often very exposed," said RCMP assistant commissioner Russ Mirasty, commanding officer of the RCMP's F division in Saskatchewan. "This will enable our members to get a little bit closer and do their jobs a little better and be more protected."

The contract to develop and produce 18 such tactical armoured vehicles for the RCMP nationwide was valued at approximately $14 million US.

JEFF MACKEY/METRO

The RCMP's new tactical armoured vehicle features high ballistic and explosive protection, a central tire inflation and deflation system, gun ports, sentry hatches, a fire detection and suppression system and infrared night lighting. JEFF MACKEY/METRO

Underserved

Private stores are added to liquor mix

Donna Harpauer, minister responsible for the Saskatchewan Liquor and Gaming Authority, says three private liquor stores will be added to the retail mix — two in Saskatoon and one in Regina.

Harpauer says the SLGA has been doing a good job managing increased volumes, but there are neighbourhoods that are still underserved.

The announcement comes after Premier Brad Wall hinted last month that new liquor stores were needed because of population growth, and suggested they could be private.

There are some private franchises in Saskatchewan, but only in rural communities where the SLGA has allowed businesses to sell alcohol on its behalf.

The province says it's taking proposals for the new stores and the final choices are expected by early spring.

THE CANADIAN PRESS

Campus buzz on the U.S. election

With Americans heading to the ballot boxes to decide who will be the commander-in-chief for the next four years, Metro went to the province's two largest university campuses and asked students who they think will be the United States' next president

MORGAN MODJESKI AND ALYSSA MCDONALD/METRO IN SASKATOON AND REGINA

Desta Hailu
University of Saskatchewan

"I feel at this point it might be (Republican candidate) Mitt Romney. It seems after the fact of the first political debate, Romney has been pulling ahead a little bit and after the Hurricane Sandy incident, he's been pulling more votes from the southern states. So I feel (President Barack) Obama hasn't done as big of a job campaigning as he did when his first election came around, so he might be falling behind — unfortunately."

1

Savannah Dinsmore
University of Regina

"I think Obama will win. I think he's done a lot more than people think he has because he had a lot to clean up since (George W.) Bush was president. He's doing a pretty good job."

2

Adam Unger
University of Saskatchewan

"Obama, without a doubt. I think he's got more realistic views — I think most people look at the stuff that Romney says as just being false. I don't think they trust his character and I don't think they trust the things he tells them or promises them. So I think Obama is going to win — he's got a track record and they like him."

3

Brendan McLean
University of Regina

"I think Barack Obama is going to win. His policies are more centred around middle-class people and for growing businesses."

4

Ronelle Calver
University of Saskatchewan

"I honestly don't know. I think the majority of Canadians would want Obama to win, from what I've been hearing, but whether or not he does, I don't know. It's up to them."

5

Alex Lohnes
University of Regina

"If I had to choose — Obama. Honestly, Romney is a little closed-minded and it's like Bush all over again, and I don't know if that will be good."

6

Next president should promote 'free and fair trade' with Canada: Premier

Province too dependent on U.S. trade. Brad Wall also emphasizes importance of diversifying export markets

MORGAN MODJESKI
Metro in Saskatoon

As Americans go to the polls today, Premier Brad Wall says the next president of the United States must endorse more equitable trade practices between Canada and the United States.

Talking to reporters at the 2012 Saskatchewan Party convention in Saskatoon this past weekend, Wall wouldn't comment on which candidate's policies might be most beneficial for the province. But he did make it clear what he wants to see from the next commander-in-chief.

"Whoever the president is, we need to have free and fair trade between our countries," he said. "We don't need any more 'Buy American' provisions that discriminate against Canadians participating in infrastructure builds down there. We've removed our barriers and we need that reciprocity."

Wall also suggested that the next president should endorse the $7-billion Keystone XL oil pipeline through the central United States to refineries in Texas, which President Barack Obama rejected in January 2012.

"Whoever the president is, we need Keystone to go ahead because that pipeline capacity means an easing of our own pipeline issues in the Bakken in the southeast. We just need free and fair trade," he said.

Although Wall said free and fair trade is crucial, he noted Saskatchewan is working to build new export markets in China, India, Indonesia and other Asian and South Asian countries.

"We're working hard, actually, to diversify away from a dependence on that market for our exports. We're currently the second-least dependent on the United States for export, but we're 60 per cent dependent," Wall said.

"For example," he added, "the Chicago area is more important to us from an export standpoint than China — just the Chicago area. That tells you how important the market is. But we're trying to diversify away from that. Even though we're the second-least dependent, that's still too many eggs in that basket."

WITH FILES FROM THE CANADIAN PRESS

The latest opinion polls suggest the U.S. election is too close to call with any credibility. The race has only tightened since October, when President Barack Obama and Republican presidential candidate Mitt Romney sparred during the second presidential debate at Hofstra University in Hempstead, N.Y. CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

President Barack Obama and Mitt Romney stormed into the final day of campaigning before election day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on election day. With few undecided voters left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for victory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more day!"

Another term?

"It's not just about policies. It's also about trust ... You know where I stand. You know what I believe."

U.S. President Barack Obama

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday. Obama needs the support of blacks and Hispanics to counter Romney's support among white men, but his campaign knows that the feeling of making history that fired up the 2008 campaign has cooled. THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

The problem is just as widespread in New Jersey, where more than a quarter of a million people still do not have power.

MICHELLE CASTILLO/ METRO WORLD NEWS

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing $128,000 from two rural parishes where she worked. Sister Mary Anne Rapp is a member of the Sisters of St. Francis, based in Lewiston, north of Buffalo.

THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water.

METRO IN OTTAWA

An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

Ages 18-24

Youth under 'excessive stress'

Economic uncertainty, underemployment and other financial concerns are taking a toll on young Canadians' mental health, a survey for Sun Life Financial Canada found. The study claims 90 per cent of people from 18 to 24 years of age feel excessive stress compared to 72 per cent of all adult Canadians.

TORSTAR NEWS SERVICE

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

A matter of time

Monday's announcement came after years of scandal that, over time, inched uncomfortably close to the mayor. Tremblay's one-time closest associates have either been slapped with criminal charges or been accused of corruption at an ongoing inquiry.

He insisted he was unaware of corruption in his administration and learned about it after the fact, saying Monday that he felt betrayed by the people who had abused his trust.

Tremblay cast himself as a victim of wrongdoing.

"My father always told me not to go into politics because it was dirty and people would destroy me," Tremblay said, adding that his love of Quebec and Montreal drew him to provincial and municipal politics over a 25-year career.

"I dedicated myself fully to the success of Montreal — with Judeo-Christian values of charity, solidarity, integrity, respect, openness." THE CANADIAN PRESS

Montreal Mafia. Alleged mobster's murder could reignite ongoing war

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

THE CANADIAN PRESS

Police investigators examine the crime scene where alleged Mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIORZ/THE CANADIAN PRESS

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Preliminary hearing starts for U.S. soldier charged in Afghan massacre

Grisly killings. Staff Sgt. Robert Bales, charged with 16 counts of premeditated murder, had blood on his face, clothes: Prosecutor

In this courtroom sketch, U.S. Army Staff Sgt. Robert Bales, centre, is shown Monday during a preliminary hearing in a military courtroom at Joint Base Lewis McChord in Washington state. Bales is accused of 16 counts of premeditated murder and six counts of attempted murder. LOIS SILVER/THE ASSOCIATED PRESS

A caped figure captured on surveillance video came running out of the darkness to the edge of a remote army outpost in southern Afghanistan. Blood was smeared on his face, prosecutors said, and soaked into his clothes.

Less than a mile away, 16 Afghans, including nine children, were dead, some of their bodies on fire in two villages.

As fellow soldiers stopped him at the base's gate, Staff Sgt. Robert Bales was incredulous, prosecutors said.

Then, as he was taken into custody, Bales said: "I thought I was doing the right thing."

The details, from a prosecutor as well as Bales' comrades, emerged Monday as a preliminary hearing in his case opened, offering the clearest picture yet of one of the worst atrocities of the Iraq and Afghanistan wars.

The attack on March 11 prompted the U.S. to halt combat operations for days in the face of protests, and it was a month before military investigators could reach the crime scenes.

Bales, 39, faces 16 counts of premeditated murder and six counts of attempted murder. The hearing could last up to two weeks and will help determine whether the case goes to a court martial.

The defence did not give an opening statement. Bales has not entered a plea. His attorneys have not discussed the evidence, but say Bales has post-traumatic stress disorder and suffered a concussive head injury during a prior deployment to Iraq.

The father of two from Lake Tapps, Wash., wore green fatigues and sat beside one of his civilian lawyers as an investigating officer read the charges against him and informed him of his rights.

When asked if he understood them, Bales said, "Sir, yes, sir." Bales spent the March night before the raids at Camp Belambay, watching "Man On Fire," a fictional account of a former CIA operative on a revenge spree, with his fellow soldiers, said Lt. Col. Jay Morse, the prosecutor. THE ASSOCIATED PRESS

Violence

Evidence was provided at a preliminary hearing for Staff Sgt. Robert Bales on Monday.

- **Weaponry.** It is alleged he took a M-4 rifle outfitted with a grenade launcher to attack two villages.
- **Two attacks.** Bales allegedly broke the slaughter into two episodes — walking first to one village, returning to the base and slipping away again to carry out the second attack.
- **Bad joke.** Between the episodes, Bales told a colleague about shooting people at one of the villages, Morse said. The soldier apparently took it as a bad joke and responded: "Quit messing around."

Parents allegedly killed daughter over 'honour'

A Pakistani couple accused of killing their 15-year-old daughter by pouring acid on her carried out the attack because she sullied the family's honour by looking at a boy, the couple said in an interview broadcast Monday by the BBC.

The girl's death underlines the problem of so-called "honour killings" in Pakistan, where women are often killed for marrying or having relationships not approved by their families or because they are perceived to have somehow dishonoured their family.

The girl's parents, Mohammad Zafar and his wife Zaheen, recounted the Oct. 29 incident from jail. The father said the girl had turned to look at a boy who drove by on a motorcycle, and he told her it was wrong.

"She said, 'I didn't do it on purpose. I won't look again.' By then I had already thrown the acid. It was her destiny to die this way," the girl's mother told the British broadcaster.

Television footage of the couple showed them standing behind bars in separate, but adjoining jail cells.

Quoted

"It was her destiny to die this way."

The girl's mother told the British broadcaster.

The father said the family had already come under public censure because of their older daughter's behaviour, but he did not detail what exactly he meant.

Pakistani officials initially said the attack occurred because the girl supposedly had an affair with a boy.

According to the Human Rights Commission of Pakistan, at least 943 women were killed in the name of honour last year. Only 20 of the women were reported to have been given medical care before they died, the report said. The real toll is believed to be higher because many of the crimes go unreported.

"Throughout the year, women were callously killed in the name of honour when they went against family wishes in any way," the report said. THE ASSOCIATED PRESS

Germany powers up

A worker is silhouetted against the sky as he straddles new overhead electric power lines in Germany on Monday. Some 3,600 kilometres of new power cables are planned in Germany to force the energy turnaround to use alternative sources. FRANK AUGSTEIN/THE ASSOCIATED PRESS

Politics

Another vote urged in Ukraine

Ukraine sank deeper into political turmoil Monday following a disputed parliamentary election, with the opposition dismissing a government offer for a re-vote in a handful of districts and pressing instead for ballots to be re-tallied in more than a dozen precincts across the country.

THE ASSOCIATED PRESS

United Nations

Nuclear chief: Iran not co-operating

The UN nuclear chief said Monday that Iran is not co-operating with an investigation into suspected secret work on nuclear weapons.

THE ASSOCIATED PRESS

West Bank

Swiss investigators visit Arafat's grave

A team of Swiss investigators visited the West Bank grave of late Palestinian leader Yasser Arafat Monday to determine how best to dig up remains and extract samples ahead of their exhumation later this month, a Palestinian official said.

THE ASSOCIATED PRESS

Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it's suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for $2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI President Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA.

THE ASSOCIATED PRESS

Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Black Friday. Malls battle cross-border shopping

Some of Ontario's biggest malls are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada have been increasingly under competitive pressure from Black Friday deep discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government relaxed cross-border shopping rules in June. THE CANADIAN PRESS

Netflix adopts poison pill following revelation of activist investor

Netflix is moving to protect itself against hostile takeovers, less than a week after activist investor Carl Icahn disclosed a stake of nearly 10 per cent in the online video company.

Netflix Inc. said Monday that it has adopted a shareholder rights plan, also known as a poison pill. Such a plan is designed to make it difficult or even impossible for someone to take over the company without an agreement from the board.

When the provision is triggered, additional shares flood the market and make it prohibitively expensive for a takeover.

Netflix said the provision is triggered if a person or group acquires 10 per cent of Netflix, or 20 per cent in the case of institutional investors, in a deal not approved by the board. The Los Gatos, Calif.-company said that its plan isn't intended to interfere with a board-approved transaction.

"Adopting a rights plan is a very reasonable thing to do in light of the recent accumulation of a lot of Netflix stock by an activist shareholder," spokesman Jonathan Friedland said.

Icahn disclosed last Wednesday that he spent some of his $14 billion US fortune on his 10 per cent stake. The documents he filed didn't disclose why Icahn and his investment funds have been buying 5.5 million Netflix shares since early September.

But it's likely he would press Netflix to make dramatic changes to boost its stock price. The company has been stumbling since it raised its U.S. prices by as much as 60 per cent last year, which triggered a customer backlash. THE ASSOCIATED PRESS

Quoted

"Adopting a rights plan is a very reasonable thing to do in light of the recent accumulation of a lot of Netflix stock by an activist shareholder."

Netflix spokesman Jonathan Friedland

Air travel

WestJet's load factor hits record

WestJet Airlines flights flew 81.2 per cent full in October — the fourth month in a row of record high load factors for the Calgary-based company. The airline said it flew 113,000 more passengers in October than a year ago.

The results "easily outpaced the previous October load factor record of 78.1 per cent set in 2007," stated CEO Gregg Saretsky.

THE CANADIAN PRESS

Photo-sharing app

Instagram heads to the web

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days.

Previously, user profiles existed only on Instagram's mobile applications. Now, users will have a website with a profile photo, bio and a selection of snapshots. THE ASSOCIATED PRESS

Foreign labour

Unions try to oust mine workers

Two labour unions want a federal court to overturn temporary work permits issued to Chinese workers at a coal mine in northern B.C., arguing there are unemployed Canadians who could fill the jobs.

Permits have been granted to 200 Chinese workers to conduct exploration work at HD Mining International Ltd.'s Murray River mine near Tumbler Ridge, B.C. THE CANADIAN PRESS

Market Minute

DOLLAR 100.33¢ (-0.11¢)

TSX 12,352.78 (-27.63)

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Natural gas: $3.57 US (+2¢)
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MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO

SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as Here Comes Honey Boo Boo and My Big Fat Gypsy Wedding establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination, but also works to marginalize their way of life. And while these shows might be entertaining at times, they also frame issues around poverty, bad nutrition, lack of education, violence and alcoholism as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage of an opportunity. Are Honey Boo Boo's redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars, and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the "sketti" and hair spray is starting to leave a bad taste in my mouth.

Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB

Mud on your face, but no big disgrace

CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally-dressed tribespeople with head wear made of clay, line up to greet the Prince of Wales and his wife Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. METRO

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. METRO

Speaking local tongue

"Mi bringim bikpela tok hamamas bilong mejesti kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

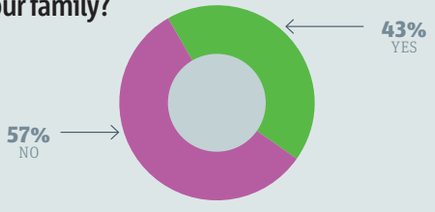
"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@theJulieDiane:
Power just went out at The Bay. It is pretty creepy being in a department store when it's pitch dark!

@fbiagent4hire:
Avoid 4th and lewvan; lights out; imagine a 4 way stop with 500 vehicles ?#yqr

@RiderFanTyler:
I don't think changing the drinking age to 18 is that crazy. You can help pick the goverment and fight in a war, but you can't have a beer?

@superkeely:
As if anybody in Saskatchewan has ever waited until the legal drinking age anyway.

@dirty_al:
This power outage makes me feel like I set the time machine for 1990 & I'm on a time out- in the dark w/ nothing to do. I requested 2005.

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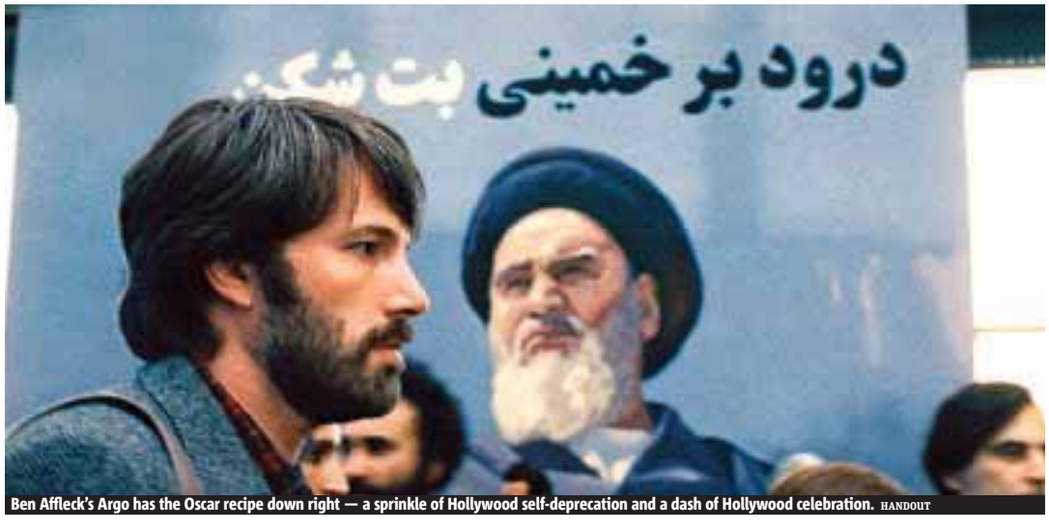
The movies that deserve some love from the golden statuette

Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations

NED EHRBAR
Metro World News in Hollywood



Ben Affleck's Argo has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.

Les Miserables

If it's about crowd-pleasing, this may give Argo its stiffest competition. Les Miserables features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's War Horse appeared last year until people actually saw it. The difference is that Lincoln is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for Argo. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (The Fighter) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame The Dark Knight Rises didn't live up to its predecessor, or it might be on the Academy Award nomination list instead.

On the other side...

Animated films vie for Oscar glory

Brave, Wreck-It Ralph and Rise of the Guardians are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' The Lorax, Frankenweenie, Ice Age: Continental Drift and ParaNorman are among the high-profile movies vying for one of five nominations.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Amanda Bynes

Bynes: I wasn't naked at the fake 'n' bake

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

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The Word

Britney Spears: The blond Jane Austen

THE WORD
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what! But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

David Beckham

And we're back with the Beckham show!

David Beckham may be looking to add talk show host to his list of job titles, as two different TV companies have reportedly offered him his own show, according to the Daily Star. "We want David on board whether or not he continues to play for the [L.A.] Galaxy," a source close to one of the companies, Time Warner Cable, says. "We are on our way to becoming the world's biggest sportscaster, and he is a key part of our future." Time Warner has reportedly offered him a "multimillion-dollar" contract, prompting the Fox Sports network to make an offer of their own.

Sharon Osbourne

Osbourne has double mastectomy to ward off future illness

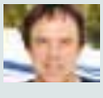
Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

Twitter

@rihanna
Man my album is complete, and I need a f---ing drink and a roll up! It was quite the journey, but it's all part of our story!

@JimCarrey
In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCourt.

@lindsaylohan
my twitter was hacked, please ignore the last tweet.



@kevin_nealon
Do they have an Americatown in Bejing?

Staying winter wonderful

Personal care. Do you have flaky skin, a voracious appetite and zero motivation to hit the gym? You're not the only one

ROMINA MCGUINNESS
Metro World News

Look familiar? CONTRIBUTED

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?
Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration. And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it
Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?
You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it
"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands of extra calories. Therefore, that second chocolate bar doesn't count. Then why are you struggling to zip up your jeans?

What's going on?
During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it
"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

Top 3 winter investments

1. Performance workout gear: Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.
2. A humidifier: The heat coming out of heaters can really dry out your skin, but this will help put the moisture back into the air.
3. A set of dumbbells: So you can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

Top 4 mood-boosting foods

"Lack of sunlight can lead to a drop in levels of the feel-good-hormone serotonin, affecting our mood and increasing the risk of depression," says nutrition advisor Kristin Kirkpatrick.

Eat one of these four foods to stay happy through these draining winter months.

1 Dark chocolate

For its ability to boost brain levels of endorphins and serotonin. In one study, scientists found that "highly stressed" individuals reported reduced stress levels after including 42.5 grams of dark chocolate in their diet for two weeks. Aim for at least 70 per cent cacao.

2 Salmon

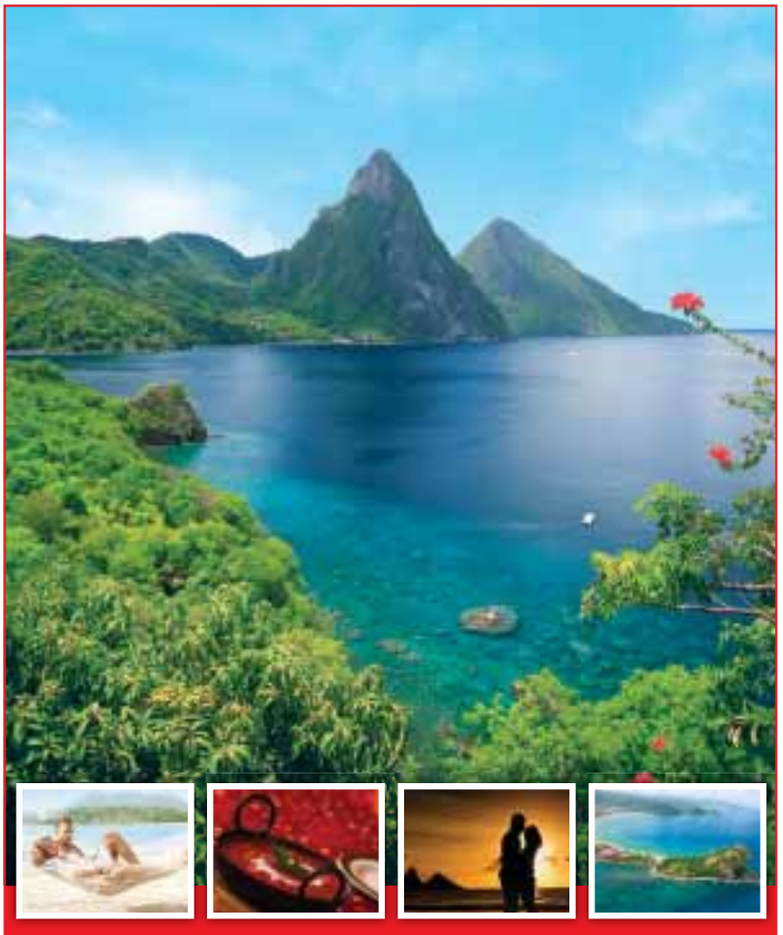
For the omega 3 fatty acids. These may help ward off depression by increasing grey matter in three areas that tend to be smaller in people who are severely depressed.

3 Lentils

For the folate. Low folate status was detectable in depressed members of the general population.

4 Brazil nuts

For the selenium. Low levels of selenium have been associated with higher incidence of depression.



Winter's almost here and it's time to come up with an escape plan.

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Jazzed-up rice pilaf gives side dish main event status

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile.

I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey.

Very little oil is needed because of the flavours in the salad.

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic together in a small bowl. Pour the dressing over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health solutions

Get squashed this winter

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish. The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

- **23 per cent of your fibre needs**
- **214 per cent of your vitamin A needs**
- **33 per cent of your vitamin C needs**
- **14 per cent of your potassium needs**

For a fun option bake spaghetti squash whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta? **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice

YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together. The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and re-invest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contemplating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications. I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Gross national happiness

Is frugality a measure of happiness?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

Does your facial hair define you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?

The moustache: The lover

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.

The goatee: The adventurer

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than $80 on a first date.

The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.

The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.

The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.

SPORTS 4

NHLPA source says plenty of hurdles exist in negotiations

Lockout. Union still needs to see willingness from owners to pay contracts in full, says anonymous player

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: that owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing, then we have something to talk about," the player told Torstar News Service.

"We'll see. We've seen a lot of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon ..."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"Right now, there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic.

"It's like: 'Wow, we've run out of ammunition. We better see if we can do this.'"

TORSTAR NEWS SERVICE

Nestor, Mirnyi win opening match at ATP finals

Toronto's Daniel Nestor, left, and Max Mirnyi of Belarus play a return during their doubles match against Robert Lindstedt of Sweden and Horia Tecau of Romania at the ATP World Tour Finals on Monday in London, England. The match lasted one hour 36 minutes, with the No. 2 seeds Nestor and Mirnyi saving a match point in the tiebreaking third set to win 4-6, 7-6 (1), 12-10. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

CFL. Legendary coach Matthews battling cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

"I wish everyone well as the 100th Grey Cup is celebrated and am sorry I will not be there with all of you as I focus, with my wife Stephanie, on my immediate battle off the field."

Matthews was a head coach for 22 seasons in the CFL between 1983 and 2008, compiling a 231-133-1 record with B.C., Toronto, Saskatchewan, Baltimore, Edmonton and Montreal. He has won five Grey Cup rings as a coach.

THE CANADIAN PRESS

Don Matthews talks to members of the media while with the Argos in October 2008. TORSTAR NEWS SERVICE

MLB. Ortiz hoping to be part of solution in Boston

David Ortiz got what he wanted a lot easier than he ever expected.

Ortiz, the face of the Red Sox since helping Boston end an 86-year World Series drought in 2004, finalized a $26-million, two-year contract on Monday, a deal that could be worth up to $30 million if he avoids another significant Achilles-tendon injury next year.

The soon-to-be 37-year-old had expressed his preference for a two-year deal the past two seasons. The club decided that keeping him and agreeing to his desire was a good first move this off-season.

"I don't think there was any doubt," he said during a Fenway Park news conference. "They approached me this year and our negotiation this year was easier than ever. They know what they were looking for. There wasn't even ever a back-and-forth situation. It was pretty much, 'This is it and let's agree with it.' They know the pieces they need to put together to be successful this year."

Ortiz gets a $1-million signing bonus payable on Jan. 15 and salaries of $14 million next season and $11 million in 2014.

THE ASSOCIATED PRESS

Quoted

"I'm a person that likes to get prepared for a challenge ... It's very painful to see what we went through this season."

Red Sox designated hitter David Ortiz

NBA

Knicks make it a 3-0 start to season

Carmelo Anthony scored 21 points and J.R. Smith had 17 to lead the New York Knicks to a 110-88 win over the Philadelphia 76ers on Monday night.

Raymond Felton scored 16 points and Tyson Chandler had 14 to lead the Knicks to their first 3-0 start since the 1999-2000 season. The Knicks beat the Sixers 100-84 on Sunday in the opener of the home-and-home series. **THE ASSOCIATED PRESS**

Knicks guard J.R. Smith dunks on Monday in New York. THE ASSOCIATED PRESS

NFL

Pagano's doctor says leukemia is in remission

Colts head coach Chuck Pagano is winning his battle with leukemia.

On Monday, Dr. Larry Cripe, Pagano's physician, told The Associated Press that the illness, which has sidelined Indy's head coach for more than a month, was in "complete remission." Cripe said a morning exam showed Pagano's white-blood-cell count and bone-marrow tests were normal as he prepares to start a second round of chemotherapy.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

♉ Taurus
April 21 - May 21
As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

♊ Gemini
May 22 - June 21
Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

♋ Cancer
June 22 - July 23
You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

♌ Leo
July 24 - Aug. 23
You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

♍ Virgo
Aug. 24 - Sept. 23
You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

♎ Libra
Sept. 24 - Oct. 23
As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

♏ Scorpio
Oct. 24 - Nov. 22
This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

♑ Capricorn
Dec. 22 - Jan. 20
Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

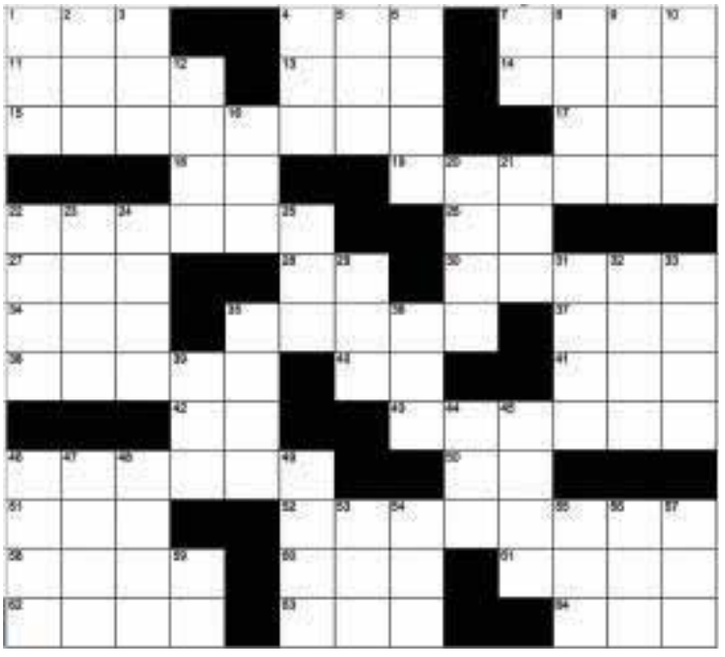
♒ Aquarius
Jan. 21 - Feb. 19
Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

♓ Pisces
Feb. 20 - March 20
You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

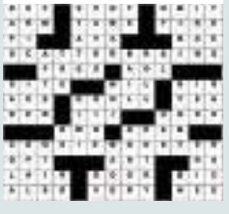
BY BETTY MARTIN



Across
1. The — in the Hat
4. Swiss mountain
7. Dull throb
11. Computer geek
13. Hawaiian garland
14. One who accomplishes
15. Actor or actress
17. Participated in a marathon
18. — and fro
19. Easel boards
22. Corn and Maple
26. Hospital waiting room (abbr.)
27. — Haw
28. Deal – No Deal
30. Railing post
34. Guido's high note (2 words)
35. Put into office
37. Honest President
38. Assign
40. Courtroom figure
41. Tennis and volleyball apparatus
42. Ready – Not
43. Things of value
46. Theatre passageways
50. — Elsewhere
51. Heir, often
52. Family photos
58. This weighs – – (2 words)
60. High card
61. Femur or ulna
62. Cat and dog feet
63. Born
65. Spelling competition

Down
1. Use a knife
2. Fireplace residue
3. Golf gadget
4. MacGraw of "Love Story"
5. Flowery meadow
6. — and needles
7. Commercial
8. Summer veggie
9. — of the Class
10. Sea eagles
12. Letters between Q and V
16. Coke and Pepsi
20. Camping equipment
21. — You Afraid of the Dark?
22. New York stadium
23. Puppy noises
24. Gather
25. Sun God
29. Autumn colour
31. Fade
32. Aid in a crime
33. — Make a Deal
35. Fictional Jane
36. Canadian Automobile Association (abbr.)
39. Computer lingo
44. Supersonic jet
45. Ticket receipt
46. PDQ
47. Small tiny amount
48. Sub-zero precipitation
49. Reach
53. Drink cooler
54. Average grade
55. Pilfer
56. Compass bearing
57. Eye
59. Canadian province (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

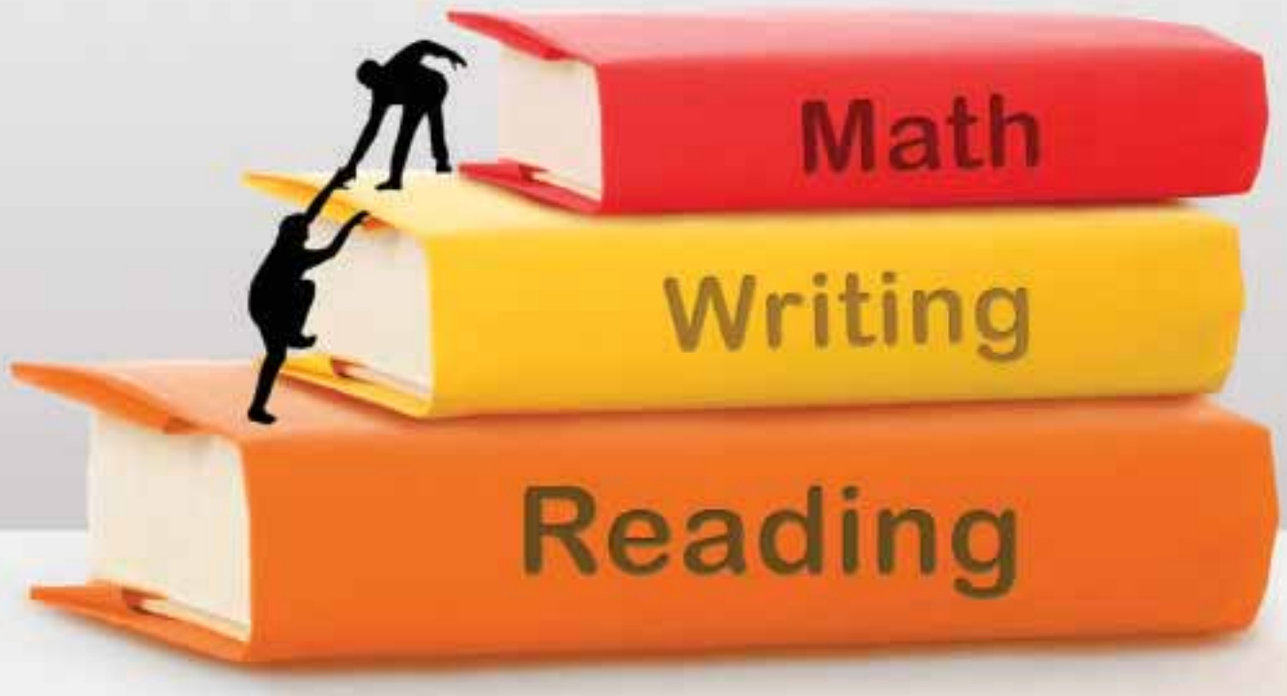
8		4		5				
			9				4	
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
	3				8			
				1		6		3

Yesterday's Sudoku

2	8	4	1	7	3	5	9	6
5	3	1	6	8	9	7	2	4
6	9	7	4	2	5	3	8	1
3	2	8	9	6	1	4	7	5
7	5	6	3	4	8	2	1	9
1	4	9	7	5	2	8	6	3
8	6	3	2	1	4	9	5	7
9	1	2	5	3	7	6	4	8
4	7	5	8	9	6	1	3	2

Sharability

easy — hard



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